

69TH ANNUAL FALL CONFERENCE FOR COUNSELORS

NOVEMBER 1, 2018

8:30 am-2:30 pm

Memorial Union, Emporia State University, Emporia, Kansas

SCHOOL COUNSELING 2018: SCHOOL COUNSELING IN A FAST-PACED WORLD

Sponsored by:

Department of Counselor Education, Emporia State University
Division of Learning Services, Kansas State Department of Education
Kansas School Counselor Association

Conference Theme

The reality of school counseling in 2018 is that the delivery of individual and small group counseling is only a portion of what we are expected by the profession to do. Counseling is to occur within the structure of a comprehensive results-focused, data-informed program as identified in the Kansas Comprehensive School Counseling Program which implements the ASCA National Model (2012). In addition to delivering services, it involves a foundation of beliefs, vision, mission, and goals student competencies, and professional competencies to guide the program, a system of assessments and tools to manage the program, and a system of data analysis, program results, and evaluation for demonstrating improvement and accountability. In the delivery system we facilitate the social-emotional, career, and academic development of all students by delivering a school counseling curriculum and individual student planning processes for every student. We deliver responsive short-term counseling and crisis intervention services to those students who need or desire it, consult and collaborate with parents, teachers, administrators, and other professionals in order to assist our students through the work of others, and we maintain referral contacts for issues and needs beyond the scope of our comprehensive school counseling program. Additionally, we often have other non-counseling/non-program related tasks of an administrative/administrative assistant nature that have been assigned to us that are so time-consuming that they impact our ability to deliver the direct services our students need. As school counselors we are busy people and it becomes extremely difficult to manage our time to accomplish all of it effectively. School counselors need ways to manage and use time efficiently and provide effective counseling services to our students.

FEATURED SPEAKER:



Dr. Russell Sabella

Russell Sabella is a Professor of Counseling at Florida Gulf Coast University. He is a past president of the American School Counselor Association (2003-2004), and the Florida School Counselor Association (2013-2014). Dr. Sabella has authored numerous articles in journals, magazines, and newsletters, and has co-authored three books, *Stress Management* (Faulkner Press, 2017), *Confronting Sexual Harassment: Learning Activities for Teens* (Educational Media, 1995) and *Counseling in the 21st Century: Using Technology to Improve Practice* (American Counseling Association, 2004). He is also author of two books including *SchoolCounselor.com: A Friendly and Practical Guide to the World Wide Web* (2nd edition; Educational Media; 2003), and *GuardingKids.com: A Practical Guide to Keeping Kids Out of High-Tech Trouble* (Educational Media, 2008). Russ also developed *SchoolCounselor.com* to focus on advancing solution focused counseling and technology literacy among counselors. He is well-known as a dynamic and engaging speaker and for his *Technology Boot Camp for Counselor* workshops conducted throughout the country.

CONFERENCE AT-A-GLANCE								
Time	Albert Taylor Hall Plumb Hall	Webb Hall Union 202	Blue Key Union 216	Greek Union 220	Preston Family Union 222	Kanza Union 233	Flint Hills Union 232	KSTC Ballroom Union
8:30-10:30	Orientation Session and Keynote							
10:30-10:45	Break and Refreshments (Memorial Union, second floor)							
10:45-12:00 Breakout Session I			Groups: Ethics & Best Practices	Trauma Response Strategies	Anxious Children Teens Strategies	Kansans Can Integrated Learning Process	Our Character Education Journey	
12:00-1:00		Lunch and Awards						
1:15-2:15 Breakout Session II			Mentoring to Transform Practice	Human Trafficking Part 2	Liven Up Your Groups	American Sign Language in Schools	Social Emotional Learning Adults	Kansans Can & Your Program

AGENDA

Memorial Union Lobby East Entrance Registration and Refreshments (Opens at 7:30 am)

Albert Taylor (Plumb Hall): Orientation Session and Keynote (8:40 am)
 Welcome: Dr. Kenneth Weaver, Dean of The Teachers College, Emporia State University
 Welcome: Kent Reed, School Counseling Consultant, Kansas State Department of Education
 Welcome: Dr. Judy Hughey, President Kansas School Counselor Association
 Introduction of Speaker: Dr. Robert Kircher, Counselor Educator, Emporia State University
 Keynote Address:

Solution Focused Brief Counseling and Conferencing
Dr. Russell Sabella

Solution Focused Brief Counseling that are highly effective in resolving student-client concerns. Solution Focused Brief Counseling uses a systematic five-step approach in which the counselor helps the client focus on the solutions rather than on problems. Participants learn how to help others discover exceptions to problems and explore future behavior that is more “on-track”. Focus is on the individual’s strengths and abilities rather their weaknesses or deficits. Students/Parents derive solutions for themselves and therefore are more involved in their success and committed to change. Finally, because they find their own solutions that work, students, parents, and others increase their confidence and motivation to do better. Focusing on solutions rather than problems, the overall process becomes more brief.

10:30-10:45 Break and Refreshments: Memorial Union Second Floor

Breakout Sessions

10:45 – 11:45 Breakout Session I

Intersectionality of Ethical Codes and Best Practices Utilized for Group Counseling in K-12 Schools

-Susana Ortiz, and Tana Arnold, Counselor Education Doctoral Students, Kansas State University
 In this session participants will examine the ways in which the ASCA Ethical Standards, ACA Code of Ethics as well as the Association of Specialist in Group Work Best Practices Guidelines intersect and how the school counselor applies these in practice. Discussion will include confidentiality, informed consent, treatment planning, and case notes. Participants will recognize how these intersect to address ethical concerns around group counseling in school settings, analyze barriers and strategies to mitigate them, and identify best practices for group counseling as an effective intervention in schools.

Trauma Response & Strategies for Counselors

-Dr. Alice Hinck, Counselor Educator, Emporia State University

Trauma has been the hot topic for quite some time, and we know what events exist within society to cause trauma. We now need to look at effective interventions that will assist Counselors working in the field with children who have experienced one or multiple traumatic events.

Working with Anxious Children and Teens: Strategies and Best Practices

-Dr. Russell Sabella

For some people, anxiety is persistent, irrational, and overwhelming, interfering with daily activities and get in the way of student achievement. This session will overview various contributing factors to anxiety among children and adolescents as well as several practical interventions. Participants will learn about approaches, resources, and tools that they can deliver as part of a comprehensive school counseling program to help kids calm themselves down and help them stay on track. Discussion will include the role of technology (social media stress), the role of stinkin' thinkin', and a myriad of ways we can help students.

A Vision and a Process: Our Character Education Journey

-Brennan Eilert, and Stephanie Litton, Counselors, Beloit USD 273

Despite a strong tradition of academic and athletic excellence, Beloit Junior/Senior High School faculty and staff wanted to raise the bar even higher; intentional efforts to incorporate character education into daily learning and to empower students with leadership opportunities to support their social emotional growth have been integrated systemically over the past four years. As students began growing, so did the positive climate in the building. Their four-year journey has solidified a steadfast framework and provided them a clear vision for future growth.

The Kansans Can Integrated Learning Process.

-Myron Melton, Education Program Consultant KSDE Christina Mann, Trainer, Kansas MTSS

This session is focused on the KSDE's vision for implementing the Social-Emotional Growth State Board of Education Outcome, and for seamlessly integrating social-emotional learning into all aspects of the school environment and student's school experience rather than as a stand-alone initiative. We know that all school counselors have a critical role in carrying out this vision. Participants will receive the KSDE Kansans Can Integrated Learning Process visual tool, explore foundational components of social emotional development, and discover how these components are seamlessly integrated into all aspects of the school.

12:50-1:00 Webb Hall: Lunch and Kansas School Counselor Association Awards Program

1:15 – 2:15 Breakout Session II

Mentoring to Transform School Counseling Practice

-Susana Ortiz, and Tana Arnold, Counselor Education Doctoral Students, Kansas State University

Today's school counselors need to be effective leaders and change agents. Unfortunately, these roles are rarely addressed fully during the graduate training. Mentoring and supervising skills are imperative for school counselors interacting with graduate students completing practicum or internship and new school counselors. School counselors also serve as mentors and supervisors when they assume leadership positions. This session provides valuable information for practicing school counselors on how to shape – and improve – their mentoring and supervision skills.

Human Trafficking - Part 2

-Dr. Alice Hinck, Counselor Educator, Emporia State University

The problem of human trafficking is getting worse, and school counselors need to know what they can do to help educate and inform the school community. Students have become interested in the education of their peers, so partnering with your students is a great way to reach your student body in a way they will listen. Helping parents be aware is also critical since more and more pre-school age children are being abducted. We can't hide from this and pretend it doesn't exist, so let's be part of the prevention.

Liven Up Your Groups

-Dr. Russell Sabella

When done well, small group counseling and whole classroom lessons are effective and efficient ways for students to advance knowledge, skills, and attitudes across all domains (i.e., academic, social-emotional, and career). Come learn and practice how to set up and deliver various group processes and activities to really make your lessons come alive and “stick.” such as: *Art, Behavioral Desensitization, Biblio Counseling, Cinema Counseling, Diads or Triads Didactic Information Discussion, Diversity Training, Fishbowl Games, Go To Your Corner! Go-Around, Guided Imagery/Fantasy, Inner/Outer Circle, Music/Movement, Poetry/Writing, Psychodrama or Role-Play, Puppets, Skip-Around, Software (technology) Surveys, etc.*

American Sign Language (ASL) in Schools

-Dr. Basil Kessler, Counselor Educator, Emporia State University

This session will introduce participants to the fundamentals of ASL in public schools. Content will include: the difference between ASL and other manual codes of English, how best to use sign language interpreters. Some “survival” signs and resources will be shared which you can learn easily and use in a variety of ways with some students as ice breakers and small group activities.

Strategies for Promoting Adult Social-Emotional Learning

-Noalee McDonald-Augustine, Educational Consultant, Smoky Hill Education Service Center,

Educators can create cultures that allow students to build social and emotional competencies. To do this, educators need to build positive relationships with their students, integrate these competencies in their instruction, and continuously evaluate. An often forgotten piece is that educators need to develop their own social and emotional competencies. It is difficult for adults to build these skills in others if they lack the skills themselves. Learn strategies on how to promote these competencies.

Kansans Can and Your Counseling Program—How Can You Make a Difference?

-Angie Salava, Alicia Jackson, Karen Ufford, and Tisha Halfert. Counselors, Olathe Public Schools.

The Olathe Public Schools vision is “Students Prepared for THEIR Future”. The 5 Kansans Can initiatives help the Olathe district achieve this vision. Counselors play an integral role in supporting these standards. In this session, the Olathe Counseling Leadership Team will share how district counselors, in partnership with administration and teachers, have helped deliver these initiatives. Gather ideas that can be used immediately within your own counseling program.